



**When you don't know
where to turn...
because someone
drinks too much...**

Al-Anon Family Groups can help.
Learn more by attending a confidential meeting in your community.
888-4AL-ANON • al-anon.org

Al-Anon/Alateen is a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe that alcoholism is a family illness and that changed attitudes can aid recovery.

Meetings are free, anonymous, and confidential. No advance notice is needed – Please join us!!

Due to the COVID-19 virus meetings are currently held virtually.

Call Vermont's Al-Anon Answering Service at 866-972-5266 (toll-free) to talk with an Al-Anon member or to find a meeting.

Visit www.vermontalateen.org for online meeting information.